



**National Summit on
Creating Healthy & Caring Communities
September 21-23, 2003
Orlando, Florida
Caribe Royal Convention Center**

We are delighted to welcome you to the AoA National Summit on Creating Healthy & Caring Communities. You will be hearing from national experts and your peers about subjects that are vital to your organization's future success. The Summit is designed to give you practical information and tools based on the best available science and most promising practices.

Plenary and workshop sessions

Choose from a variety of plenary and concurrent sessions that address these crucial topics:

- Creating a More Balanced System of Long-Term Care
- Building Effective Prevention and Health Promotion Strategies into Community Care
- Supporting our Nation's Family Caregivers

Conference Goals:

This Summit is designed to help you:

- Promote policy and program changes at the state, tribal and local level that will make the long-term care system more balanced and more responsive to the needs and preferences of older people and their family caregivers.
- Develop and operate innovative programs that will help people to remain healthy and active as they age, and help older people with chronic conditions to remain living in their own homes and communities.
- Implement strategies to better position your organization in the changing health and long term care environment.

Who Is Attending?

Representatives from aging, health, and long-term care providers and practitioners; consumer organizations; educators; policymakers; and representatives from organizations at all levels have registered to attend. Among those represented at the Summit including individuals from:

- State Offices on Aging
- Area Agencies on Aging
- Health and Social Service Agencies
- Tribal Organizations
- Community Service Providers
- National Aging Organizations
- National Health Organizations
- Businesses
- Federal Agencies

How Do I Get More Information About Sessions I'm Unable to Attend?

Find session presentations and other information at <http://www..aoa.gov>.

Summit Length/Structure:

2 days / 3 plenary sessions; 36 workshop sessions

Summit Schedule At-A-Glance

Sunday, September 21

12:00 – 6:00 pm	Registration
2:00 – 4:00 pm	Open Plenary Session: “ <i>Vision for the Future – Creating Healthy & Caring Communities for Today’s and Tomorrow’s Older Americans</i> ”
4:00 – 5:00 pm	Theatrical Performance: “ <i>Caring For Me; Caring for You</i> ”
6:00 – 8:00 pm	Reception

Exhibit Hall Open from 5:00 PM to 8:00 PM

Monday, September 22

8:30 – 10:00 am	Plenary Session: “ <i>Rebalancing Long-Term Care Systems</i> ”
	Break
10:30 am – 12:00 pm	Concurrent Sessions (choose from 7)
12:00 – 1:30 pm	Lunch
1:30 – 3:00 pm	Concurrent Sessions (choose from 7)
	Break
3:30 – 5:00 pm	Concurrent Sessions (choose from 7)

Exhibit Hall Open from 10:00 AM to noon and 1:00 pm to 5:00 PM

Tuesday, September 23

8:30 – 10:00 am	Concurrent Sessions (choose from 7)
10:30 am – 12:00 pm	Concurrent Sessions (choose from 8)
12:30 – 2:00 pm	Closing Plenary Session -- Lunch

Exhibit Hall Open from 8:00 AM to 12:30 PM

PRELIMINARY AGENDA

SUNDAY, SEPTEMBER 21

12:00 – 6:00 pm

Registration

2:00 – 4:00 pm

Opening Plenary Session: Vision for the Future: Creating Healthy & Caring Communities for Today's and Tomorrow's Older Americans

The U.S. Department of Health and Human Services (HHS), Administration on Aging (AoA) and states around the nation are working hard to make the long-term care system more responsive to the needs and preferences of older people and their families. These efforts focus on empowering older people and their families to make informed decisions about life choices and creating more flexible service options from which people can choose. These choices should:

- Help people maintain and improve their health as they age,
- Help families care for their loved ones, and, most importantly,
- Help older people remain independent and in their own homes.

Speakers: *The Honorable Jeb Bush*, Governor, Florida (invited)

Tommy Thompson, Secretary, U.S. Department of Health and Human Services (invited)

Josefina Carbonell, Assistant Secretary for Aging

4:00 – 5:00 pm

Theatrical Performance: “Caring For Me; Caring for You”

Sponsored by the *HIP Foundation, Inc.*
New York, NY

6:00 – 8:00 pm

Reception

Co-Sponsored by:

AARP

Community Partnerships for Older Adults: A National Program of the Robert Wood Johnson Foundation

PRELIMINARY AGENDA

MONDAY, SEPTEMBER 22

8:30 am – 10:00 am

Plenary Session: Creating a More Balanced System of Long-Term Care

Unprecedented growth in the elderly population is projected for the 21st century, and the population age 85 and older—those most in need of long-term care services—is expected to outpace the rate of growth for the entire elderly population. Long-term care is most frequently provided by family and friends at home or in a community setting. This home and community-based arrangement is a clear preference of individuals who need long-term care support. Officials from the Administration on Aging (AoA) and the Centers for Medicare & Medicaid Services (CMS) will highlight promising practices in states' efforts to create more balanced long-term care systems and discuss the Bush Administration's initiatives to promote these efforts.

Speakers:

The Honorable Larry Craig, U.S. Senate, (R-ID), Chairman, Special Committee on Aging (invited)

Edwin Walker, Deputy Assistant Secretary for Policy & Programs, Administration on Aging

Glenn Stanton, Acting Director, Disabled and Elderly Health Programs Group, Center for Medicaid State Operations, Centers for Medicare & Medicaid Services

10:00 am – 10:30 am

Break

10:30 am – 12:00 pm

CONCURRENT SESSIONS (choose from 7)

Session 1:

Making the Consumer Connection: Single Entry Point Information & Assistance Systems

Representatives from the Administration on Aging and Centers for Medicare & Medicaid Services will discuss a joint program to promote the establishment of “one-stop shop” entry point systems into long-term care for people of all ages with disabilities. A newly released survey by the National Academy of State Health Policy will provide a national picture of single entry point systems, who they serve, funding sources coordinated, functions, and

characteristics of administering organizations. The innovative single entry point system in San Diego will be highlighted

Moderator: *John Wren*, Administration on Aging

Speakers: *Steve Lutzky*, Centers for Medicare & Medicaid Services, Baltimore, MD

Robert Mollica, National Academy of State Health Policy

Pamela B. Smith, Director, Aging & Independence Services; County of San Diego; San Diego, CA

Session 2: Healthy Lifestyle Choices for Managing Chronic Disease

The majority of older Americans live with a chronic disease or condition that interferes with functionality and independence. Learn how to ameliorate the effects of many of these chronic illnesses and conditions with appropriate nutrition, physical activity, and other interventions that can be successfully implemented in community-based programs.

Moderator: *Brian Lutz*, Administration on Aging

Speakers: *Margaret Kownaski*, Centers for Disease Control and Prevention, Atlanta, GA

Geraldine MacKenzie, New Jersey Dept. of Health and Senior Services, Older Adult Health and Wellness

Albert Barrocas, VP Medical Affairs, Pendleton Memorial Methodist Hospital, New Orleans, LA

Session 3: Taking Care of the Caregiver

This session will examine community-based efforts designed to foster health promotion and disease prevention efforts for caregivers.

Moderator: *Rick Greene*, Administration on Aging

Speakers: *Carol Levine*, United Hospital Fund of New York, NY, NY

Katryna Gould, caregiver, Washington, D.C.

Ruth Palumbo, Massachusetts Department of Public Health, Boston, MA

Session 4: Consumer Involvement in Policy and Program Development

Behind successful efforts to expand home and community based services lies an effective advocacy campaign that promotes independence and consumer values and preferences. This session will look at advocacy strategies used by aging groups and people with disabilities to promote more balanced long-term care systems.

Moderator: *Greg Case*, Administration on Aging

Speakers: *Tom Frazier*, Coalition of Wisconsin Aging Groups, Madison, WI

Michael O'Donnell, East Central Illinois Area Agency on Aging, Bloomington, IL

Paul Severance, United Seniors Action, Indianapolis, IN

Session 5: Linkages to Special Populations and Communities

Caregiving is not confined to specific cultures, regions, languages, or mental capacities. This session will discuss how caregivers can better help their care recipients that may fall under the category of "special populations."

Moderator: *David Ishida*, Administration on Aging

Speakers: *Donna Wagner*, Pima Council on Aging, Tucson, AZ

DiAnn Baxley, Center on Intellectual Disabilities, Albany, NY

Joan Franklin, Wyoming Department of Health, Aging Division

Session 6: Get Active and Healthy--Fostering Physical Activity Among Older Adults

Adequate, appropriate physical activity is essential for healthy aging, functionality and independence, and management of chronic illness and conditions. This session will focus on successful, practical physical activity interventions that keep older adults, healthy, functional and at-home.

Moderator: *Judith Salerno*, National Institute on Aging, Bethesda, MD

Speakers: *Nancy Wellman*, Director, National Policy and Resource Center on Nutrition and Aging, Florida International University, Miami, FL

Wojtek J. Chodzko-Zajko, Chair, Department of Kinesiology,
University of Illinois at Urbana-Champaign, Urbana, Illinois

Penny Royall, Acting Executive Director, President's Council on
Physical Fitness and Sports, Washington, D.C.

Session 7: Kinship Care--Grandparents and Other Relatives Raising Children

Presenters will discuss supports for grandparents and other relatives raising children through the National Family Caregiver Support Program. Through trainings, technical assistance, and the provision of services, speakers will describe how a variety of agencies provide leadership in the field of kinship care.

Moderator: *Mindy Freedman*, Administration on Aging

Speakers: *Gail Collins*, Administration for Children and Families, U.S. Department of Health and Human Services, Washington, D.C.

Donna Butts, Generations United, Washington, D.C.

Laurie Marshall, Catholic Family Center, Rochester, NY

12:00 pm – 1:30 pm LUNCH

1:30 pm – 3:00 pm CONCURRENT SESSIONS (choose from 7)

Session 8: There's No Place Like Home--State Tools to Balance the Long-Term Care System

The vast majority of individuals prefer to remain at home and in their communities as they age. Many of these individuals rely on family and friends to provide them assistance when they experience limitations in their daily activities. Home and community-based services provide another form of preferred assistance to older adults with disabilities. This session will highlight the efforts of four states to redirect their resources to provide a more balanced array of options for long-term care consumers.

Moderator: *Melanie Starns*, Administration on Aging

Speakers: *Barbara Gage*, Deputy Director, RTI Aging, Disability & LTC programs, Waltham, MA

Dennis Streets, Chief of Planning and Information, NC Dept. of Health and Human Services, Division of Aging, Raleigh, NC

This session will describe efforts of the Administration on Aging and the Centers for Disease Control and Prevention to foster collaboration between State Units on Aging and State Health Departments. Attendees will learn from promising practices in health promotion/disease prevention for the aged including training the aging and health networks around collaboration, partnership development and evidenced based physical activity programs.

Speakers: *Mary Walsh*, Maine Bureau of Elder and Adult Services

Sue Vaeth, Maryland Department of Aging, Baltimore, MD

Among the critical areas identified by service providers assisting caregivers are assessment, counseling and evaluation of outcomes. This session will provide attendees with an overview of assessment tools that can be used, strategies to counsel caregivers and ways to measure the effectiveness of services provided to caregivers.

Speakers: *Lynn Friss Feinberg*, Family Caregiver Alliance, San Francisco, CA

Carol Whitlatch, Benjamin Rose Institute, Cleveland, OH

Efforts sponsored by AoA and CMS to improve quality assurance activities in home and community-based services (HCBS) will be

presented. Attendees will learn how they can utilize quality assessment innovations with their programs at the state and local level through: consumer surveys, a workbook states can use to improve the quality of home and community-based programs, an AoA website that documents four years of experiences and guidance in the development of quality-based outcome measurement programs. This session will help attendees understand the components of four similar but distinct approaches to: 1) measure quality for HCBS programs, 2) guide the design and implementation of a quality improvement (QI) project, and 3) document and monitor QI activity.

Moderator: *Frank Burns*, Administration on Aging

Speakers: *Scott Geron*, Boston University, Boston, MA

Suzanne Bosstick, Center for Medicare & Medicaid Services

Robert Ficke, WESTAT, Inc.

Ken Wilson, Southwest Ohio Area Agency on Aging

Session 12: **Expanding Food and Nutrition Services for High Risk, Low-Income Older Adults**

Access to adequate food is essential to maintain health and functionality. The United States Department of Agriculture (USDA) is the largest provider of food assistance to the nation's nutritionally needy. This session will highlight successful aging network collaborations with USDA Food Programs that expand food and nutrition services for nutritionally high risk, low-income older adults.

Moderator: *Jean Lloyd*, Administration on Aging

Speakers: *Roxanna Newsom*, Food Distribution Program Manager, Chickasaw Nation, Ada, OK

Alberta Frost, Staff Office Director, Office of Analysis, Nutrition and Evaluation, Food and Nutrition Services, United States Department of Agriculture, Alexandria, VA

Leona Martens, Executive Director, Weld Food Bank, President National CSFP Association, Greeley, CO

Session 13: **Innovative Caregiver Outreach--Partnerships and New Collaborations**

This session will focus on partnerships to reach caregivers often overlooked. Panelists will describe the unique challenges faced in identifying and serving male and employed caregivers and one presentation will highlight strategies to have physicians assist in the identification and referral of caregivers.

Moderator: *Percy Devine*, Administration on Aging

Speakers: *Adrienne Dern*, National Association of Area Agencies on Aging, Washington, D.C.

Ann Bannes, St. Andrew's At Home Services, St. Louis, MO

Gail Hunt, National Alliance for Caregiving, Bethesda, MD

Session 14: Medication Management -- Increasing the Benefits, Avoiding Risks

About 30% to 50% of those who use medicines in this country do not use them as directed. Medication mismanagement can cause increased doctor visits, increased hospital stays, lost wages and changed prescriptions. The consequences of medication mismanagement cost Americans as much as \$76.6 billion each year. Medication errors can be particularly pronounced if an individual lacks information, has limited reading skills, or has language or cultural barriers. This session will focus on how to maximize the benefits of medications for seniors while avoiding potential risks.

Moderator: *Chisato Kawabori*, Administration on Aging

Speakers: *Rosaly Correa-de-Araujo*, Agency for Health Research Quality (AHRQ)

Nancy D. Smith, Center for Drug Evaluation and Research, Food and Drug Administration

Kathleen Cameron, American Society of Consultant Pharmacists, Research and Education Foundation

Lori Daiello, Pharmacotherapy Solutions, Orlando, FL

3:30 pm – 5:00 pm CONCURRENT SESSIONS (choose from 7)

Session 15: Promising Practices in Managing Long-Term Care

The long-term care system is characterized by a multitude of separate funding streams that are accompanied by unique eligibility criteria, assessment and intake procedures, and other rules. Many states and local communities are struggling to bring these disparate funding streams together to provide a more comprehensive and coordinated package of long-term care services to older adults. This session will highlight innovative practices that have made a real difference in the lives of the consumers.

Moderator: *Gavin Kennedy*, Assistant Secretary for Planning and Evaluation, U.S. Department of Health and Human Services, Washington, D.C.

Speakers: *Pamela Parker*, Minnesota Department of Human Services, St. Paul, MN

Carol Suleski, Elder Service Plan of North Shore, Inc., Lynn, MA

Timothy Schwab, Chief Medical Director, SCAN Health Plan, Long Beach, CA

Session 16:

State Units on Aging Deliver Successful Health Promotion Campaigns

This session will highlight some of the best health promotion programs sponsored under the Older Americans Act. Session speakers will discuss how Title III-B, C, D and Title VI funds are being used for health promotion activities. Participants will learn about successful health promotion and disease prevention programs that target older adults.

Moderator: *Bob O'Connell*, Administration on Aging

Speakers: *Theresa Lambert*, National Association of State Units on Aging, Washington, D.C.

Juanita Pless, Pennsylvania Dept. of Aging, Harrisburg, PA

Mary Snobl, Minnesota Board on Aging, St. Paul, MN

Allan Goldman, Georgia Department of Human Resources, Atlanta, GA

Session 17:

Meeting the Unique Needs of Native American Caregivers

Native American communities sometimes experience unique issues when providing services to their constituents. Come meet with

some AoA funded Native American Caregiver demonstration grantees and see how they are serving the caregivers in their communities. Come get ideas. This is a new focus for many of us.

Moderator: *Meg Graves*, Administration on Aging

Speakers: *Sharon Swift*, Rosebud Sioux, Rosebud, South Dakota

Elizabeth Mueller, Jamestown S’Klallam, Sequim, Washington

Connie Bremner, Blackfeet Nation, Browning, Montana

Andrea Ebona-Michel, Tlingit & Haida Tribes, Juneau, AK

Session 18:

Intelligent Transportation—What it Means for You

A Memorandum of Understanding signed by AoA and the Federal Transit Administration (FTA) in January 2003 provides the framework for collaborative efforts to coordinate transportation services for seniors across the country. An overview of the MOU and 2003 activities will be presented. The FTA Intelligent Transportation System demonstration program will be described. FTA has funding available for state/local efforts under this program to utilize technology to coordinate transportation services. Three examples of successful demonstrations will be highlighted.

Moderator: *Lois Albarelli*, Administration on Aging

Speakers: *William Wiggins*, U.S. Federal Transit Administration, Washington, D.C.

Cathy Brown, Director, St. John’s County Council on Aging, St. Augustine, FL

Glenda F. Wilson, President, Kensington Systems, Inc., Los Angeles, CA

Larry Harman, Co-Director, GeoGraphics Laboratory, Bridgewater, MA

Session 19:

NOT a Normal Part of Aging-- Depression, Anxiety and Substance Abuse

One in five older Americans has a diagnosable mental illness, but less than one-quarter of them get any type of mental health attention, let alone appropriate treatment. Undiagnosed and untreated mental illness can lead to suicidal ideation, which has serious implications for older adults and their loved ones, particularly older women who both live

longer than men and often remain family caregivers. Older Americans, family members, caregivers, neighbors and friends need to know the difference between healthy grieving over losses and unhealthy depression, between normal worries and anxiety disorders, and between normal drinking and abuse of alcohol and medications to emotional pain.

Moderator: *Mimi Toomey*, Administration on Aging

Speakers: *Jane Pearson*, National Institute of Mental Health

Laurie Young, Executive Director, Older Women's League

Shauna O'Neil, Director, Salt Lake County Aging Services, Salt Lake City, UT

Duiona R. Baker, Associate Administrator for Women's Services, Substance Abuse and Mental Health Services Administration, Rockville, MD

Session 20: Customizing Services--Supporting Caregivers of Persons With Alzheimer's Disease

This session will focus on innovative approaches used by AoA Alzheimer's Disease Demonstration Grants to States for serving low-income, rural or cultural/ethnic populations. The "El Portal" program in California created a network of dementia-specific services, including adult day care, care management and respite services, targeted to the Latino population in Los Angeles. The El Portal "system of dementia care" has been successfully replicated in the Hispanic, African American and the Asian/Pacific Islander communities. In rural communities in Maine, an in-home geriatric assessment process has been successful in identifying care needs and linking isolated families with appropriate home and community-based services. The Alzheimer's Caregiver Education and Support Program in Alabama has developed a system of care for rural, minority, and low-income persons with AD that includes training for long-term care providers, public education and community-based care services.

Moderators: *Melanie Starns & Lori Stalbaum*, Administration on Aging

Speakers: *Debra Cherry*, Associate Executive Director, Alzheimer's Association of Los Angeles, Riverside and San Bernardino Counties, Los Angeles, CA

Romaine Turyn, Maine Alzheimer's Project, Augusta, ME

Gloria Goldman, TARCOG Area Agency on Aging, Huntsville, AL

Session 21:**States Measure Their Progress -- Creating More Balanced Systems of Long-Term Care**

Two state legislators will share their experiences in leading long-term care reform efforts, with a focus on the role that long-term care data played. Attendees will learn what data legislators are looking for to inform their efforts to promote innovations in long-term care. Methods to compile aging-specific data on the long-term care system at the national and state levels will be presented. State efforts to undertake this data compilation and to utilize it to inform program and policy development in this area will be shared.

Moderator: *Donald Grantt*, Administration on Aging

Speakers: *Donna Folkemer*, National Council of State Legislatures

Paula C. Hollinger, State Senator, Maryland

Sandra L. Murman State Representative, Florida

Robert Ficke, Westat, Inc.

TUESDAY, SEPTEMBER 23

8:30 am – 10:00 am

CONCURRENT SESSIONS (choose from 7)

Session 22:**Putting Consumers in the Driver's Seat--Consumer and Family Directed Programs**

This session will present an overview of consumer directed programs, including results of the Cash and Counseling Demonstration and Evaluation. Examples of how states have examined their programs in relation to the principles of consumer direction will be discussed by a representative from the National Association of State Units on Aging. A long-standing state promising practice in consumer direction will be highlighted.

Moderator: *Kari Benson*, Administration on Aging

Speakers: *Virginia Dize*, National Association of State Units on Aging, Washington, D.C.

Patrick Flood, Commissioner, Vermont Department of Aging and Disabilities, Waterbury, VT

Pam Doty, ASPE, U.S. Department of Health and Human Services, Washington, D.C.

Session 23:

It's Not Too Late To Prevent Diabetes - You Can Take the First Step

In an effort to educate the older adult community about the results of the Diabetes Prevention Program's clinical trial result findings, the National Diabetes Education Program's (NDEP) older adult workgroup developed a campaign to create awareness that type 2 diabetes can be prevented through modest weight loss (5-7% of body weight) and lifestyle changes. This workshop will discuss the development of the "It's Not Too Late to Prevent Diabetes" campaign, as well as share goals, components, activities and resources/materials that are available through the NDEP website.

Moderator: *Bertha Williams*, Administration on Aging/Centers for Medicare and Medicaid Services

Speakers: *TaWanna Berry*, Deputy Director, National Diabetes Education Program, National Institutes of Health, Bethesda, MD

Carolyn Leontos, Chair, National Diabetes Education Program Older Work Group

Christina Trijillo, Cochiti Pueblo Diabetes Program, New Mexico

Session 24:

Caring for Caregivers—The National Family Caregiver Support Program Makes a Difference

Much of the federal government's efforts to assist states and tribes in implementing the National Family Caregiver Support Program has come in the form of formula grants, and grants made available to states, area agencies on aging, service providers, and tribal organizations on a competitive basis. These grants fund initiatives to develop and enhance comprehensive statewide and tribal systems of informal support. This progress report on program implementation clarifies the opportunities, as well as the future challenges, created by these federal grants.

Session highlights include:

- National findings on the numbers of caregivers served under the NFCSP in fiscal year 2002;
- National findings on caregivers of Older Americans Act clients;
- Updates on program operations; and

- Findings from the Native American Caregiver Program Directors survey.

Moderator: *Frank Burns*, Administration on Aging

Speakers: *Marie R. Squillace*, Administration on Aging

Yvonne Jackson, Administration on Aging

Session 25:

Get Ready for “Money Follows the Person”

Older adults comprise the vast majority of people living in nursing homes. The expansion of in-home and residential options has created opportunities for older nursing home residents to return to the community. This session will present examples of how programs work with nursing homes, identify residents interested in moving to the community, the challenges faced and the resources used to support their relocation. It will also highlight innovative efforts to divert individuals from nursing homes.

Moderator: *John Wren*, Administration on Aging

Speakers: *Steve Lutzky*, Centers for Medicare & Medicaid Services

Kris Baldwin, Program Manager, Arkansas Division of Aging and Disabilities, Little Rock, AR

Becky Beechinor, Assistant Deputy Commissioner, Department of Health and Human Services, Austin, TX

Session 26:

Taking Care of the Caregiver: Nutrition, Physical Activity, and Mental Health

Family caregiving can create high levels of stress that may compromise a caregiver’s own physical and emotional health. Deteriorating health may diminish their ability to provide care and impair the care recipient’s quality of life. The session speakers will discuss the importance of helping caregivers care for themselves and how caregivers may employ healthy behaviors to reduce the burdens of caregiving.

Moderator: *Kathleen Loughrey*, Administration on Aging

Speakers: *Dian O. Weddle*, Department of Dietetics, Florida International University, Miami, FL

Steven H. Zarit, Chair, Department of Human Development and Family Studies, Penn State University, University Park, PA

Sara Wilcox, University of South Carolina, Columbia, SC

Session 27: The Long-Term Care Workforce Shortage: Implications and Solutions

This session will examine the recommendations included in a report jointly issued by the U.S. Department of Labor and the Department of Health and Human Services Office of the Assistant Secretary for Planning and Evaluation (ASPE) to Congress entitled, “The Future Supply of Long-Term Care Workers in Relation to the Aging Baby Boom Generation.” A synthesis of existing research in this area will be highlighted and implications for state and local efforts to address the workforce shortage will be discussed.

Moderator: *Melanie Starns*, Administration on Aging

Speakers: *Gavin Kennedy*, ASPE, U.S. Department of Health and Human Services

Joshua Wiener, Research Triangle Institute

Christine Rico, Paraprofessional Healthcare Institute

Carey O’Connor, Centers for Medicare & Medicaid Services, Baltimore, MD

Session 28: Technology at the Fingertips of Caregivers

Learn how caregivers can use supplemental funds under Title III-E of the Older Americans Act to access innovative technologies that assist in their caregiving responsibilities.

Moderator: *Sharon Larson*, Administration on Aging

Speakers: *John Wanat*, Monmouth County Office on Aging, Freehold, NJ

Tianna Moscinski, Senior Service Centers of Albany, Albany, NY

Kathleen Kelly, Family Caregiver Alliance, San Francisco, CA

Dory Sabata, University of Southern California, Andrus Gerontology Center, Los Angeles, CA

10:30 am – 12:00 pm CONCURRENT SESSIONS (choose from 7)

Session 29:**Streamlining Access to Services—Technology Makes a Difference**

The increasing complexity of health and supportive service needs of today's elders underscores the importance of streamlining access to services through various technology innovations. This session will showcase some of these innovations, including using technology to coordinate services, a consumer/family decision support tool, and information and referral websites.

Moderator: *Larry Brewster*, Administration on Aging

Speakers: *Cheryl Schramm*, Chief of Aging Services, Atlanta Regional Commission, Atlanta, GA

Becky Koors, Assistant Director, Bureau of Aging and In-Home Services, Indianapolis, IN

Darrick Lam, Executive Director, San Francisco Dept. of Aging and Adult Services, San Francisco, CA

Session 30:**Healthy Aging Project – Translating Research Into Practice to Promote Senior Health**

This session will provide an overview of CMS's Healthy Aging Project and the National Council on Aging (NCOA) Model Programs Project. The CMS programs are designed to identify, test, and disseminate evidence-based approaches to promoting health and preventing functional decline in older adults. NCOA is working with teams in four cities to translate high quality research into evidence-based model programs suitable for operation in community agencies. Speakers will discuss the current evidence-based science, actual program experiences and the need for future research concerning health promotion among older adults.

Moderator: *Irma Tetzloff*, Administration on Aging

Speakers: *Pauline Lapin*, Centers for Medicare & Medicaid Services, Baltimore, MD

Nancy Whitelaw, National Council on Aging, Washington, D.C.

Jayne Prince, Northeast Nebraska Area Agency on Aging, Norfolk, NE

Beth Batman, Oklahoma Dept. of Human Services, Oklahoma City, OK

Session 31:**Public Awareness Campaigns that Reach Out to Caregivers**

Aging professionals that support caregivers face two public awareness challenges – caregiver self-identification and raising public awareness of support systems. Individuals from organizations that are leading public awareness efforts about family caregiving will discuss how to create effective and cohesive public awareness media campaigns.

Moderator: *Mindy Freedman*, Administration on Aging

Speakers: *Tara Shaver-Jarmon*, Alabama Department of Senior Services, Montgomery, AL

Annette Graham, Director, Central Plains Area Agency on Aging, Wichita, KS

Christine Urso, North Carolina Department of Health and Human Services Division of Aging, Raleigh, NC

Session 32:**The Nitty Gritty of Operating a Resource Center**

Many states are focusing their long-term care reform efforts on improving the ease with which older adults and their families can access long-term care services. The Administration on Aging and the Centers for Medicare & Medicaid Services have partnered to promote the development of Aging and Disability Resource Centers. These Resource Centers will streamline access to information about service options, assistance in determining need and eligibility, and access to services. This session will present the mechanics of operationalizing these components on the ground.

Moderator: *Greg Case*, Administration on Aging

Speakers: *Steve Lutzky*, Centers for Medicare & Medicaid Services, Baltimore, MD

Elizabeth Lopez, Administrator, Office of Employment and Financial Benefits, Department of Human Services, Salem, OR

Sharon Ryan, Program Analyst, Wisconsin Department of Health and Family Services, Madison, WI

Session 33:**More than a Meal: Nutrition Interventions for Older Americans**

Adequate nutrition is essential for healthy aging, functionality and independence, and management of chronic illness and conditions.

This session will focus on successful, practical nutrition interventions that keep older adults, healthy, functional and at-home.

Moderator: *Floristene Johnson*, Administration on Aging

Speakers: *Mary Ann Johnson*, Professor of Foods and Nutrition, Faculty of Gerontology, University of Georgia, Athens, GA

Carol Baker, Mecklenberg County Department of Social Services,
Charlotte, NC

Margherita Doyle, Lahey Clinic, Burlington, MA

Session 34: Arming Family Caregivers with Tools, Skills, and Information

This session will focus on how to arm caregivers with proper information, tools and skills to cope with daily caregiving responsibilities. Without appropriate mechanisms in place, caregivers and care recipients may experience stress, burnout and poor health. This session will highlight some of AoA's NFCSP grantees that have created training programs that assist caregivers to communicate effectively with healthcare professionals regarding the care recipient, end-of-life needs, and use caregiver self-care techniques.

Moderator: *Dennis Dudley*, Administration on Aging

Speakers: *John Paul Marosy*, National Family Caregivers Association, Worcester, MA

Kathy Egan, Hospice of the Florida Suncoast, Largo, FL

Daniel Kuhn, Mather Institute on Aging, Evanston, IL

Session 35: Creating Community-Level Change--Livable Communities Initiatives

This session will present results from a literature review and an ASPE-funded quality evaluation of AoA-funded programs serving Naturally Occurring Retirement Communities. Related efforts to promote livable communities will be highlighted, including Florida's statewide initiative. A framework and survey to study livable communities, as developed by the Visiting Nurse Service of New York, will be discussed.

Moderator: *Debbie Burns*, Administration on Aging

Speakers: *Lisa Meyer*, FL Department of Elder Affairs, Tallahassee, FL
David Schimmel, Comprehensive Housing Assistance, Inc.,
Baltimore, MD
Mia Oberlink, The Center for Home Care Policy and Research,
New York, NY

Session 36: State Strategies for Balancing the Long-Term Care System

A representative from the Center for Home Care Policy & Research will present the policy and program implications of newly released research on the cost-effectiveness and other outcomes of home and community-based services. The presentation is based on a series of policy analysis reports and a July 2003 conference of key long-term care experts that generated several policy recommendations in this area. A representative from the National Governors' Association will describe the recently unveiled Initiative on Long-Term Care Policy and Financing, which has been identified as one of the organization's top priorities. A representative from the National Conference of State Legislatures will provide an overview of recent state initiatives on long-term care.

Moderator: *Larry Polivka*, Florida Policy Exchange Center on Aging

Speakers: *Penny Feldman*, The Center for Home Care Policy & Research,
New York, NY

Diane Braunstein, National Governors Association,
Washington, D.C.

Donna Folkemer, National Conference of State Legislatures,
Washington, D.C.

12:00 – 2:00 pm **Closing Plenary Session -- Where Do We Go From Here?**

Speakers: *Josefina Carbonell*, Assistant Secretary for Aging, Administration
on Aging

Dr. James Marks, Centers for Disease Control, Atlanta, GA